SHOWN ABOVE FROM LEFT TO RIGHT ARE: Jane Almond, Chaplain; Penny Elliott, 2nd Vice-President; Karen Covington, Historian; Gloria Hodges, Treasurer; Cheryl Elliott, 1st Vice-President; Susan Parris, 3rd Vice-President; Pam Taylor, Secretary; Cheryl Walton, Reporter; Mary Dyess, President; Shelby Dunnam, Parliamentarian.

## Senior FHA Meets

On September 28, 1977, the first monthly meeting of the Appomattox Senior Chapter Future Homemakers of America was held in the cafeteria at ACHS.

Mary Dyess, President of the chapter called the meeting to order.

The Fair Booth Committee Report was given by Sherry Roope. She reported that the FHA Fair Booth received a third place and fifteen dollars in the Five County Fair.

The Federation Report was given by Cheryl Elliott, the Appomattox - Campbell Federation President. Cheryl told the chapter about the all day Mini Leadership Conference at the Altavista Armory, October 18, 1977.

The Girl of the Month for September was announced by Merry Wright. The Girl of the Month is Mary Dyess, President of the Appomattox Senior Chapter FHA.

Pam Taylor was elected Secretary to fill the position vacated by Terri Dalton who transferred to another school.

The program was given by several of the officers. Mary Dyess presented slides from the National Leadership Conference which she attended in Seattle, Wash., this past July. We also had a skit by Penny Elliott, Susan Parris, and Cheryl Elliott, the Vice-Presidents. It was centered around our Program of Work, "Your Values Show", and our Theme, "We've Only Just Begun". After the skit was presented we were led in songs and games by Susan, Cheryl, and Penny.

Mary Dyess, President, then adjurned the meeting.

## Tops Club

Thirteen members were present at the September 29 meeting of the TOPS CLUB with Gaye Stafford, leader, presiding. The top loser for the week was Lois Smith with a 3½ pound loss.

Gaye Stafford, leader, JoAnn Shorter, treasurer, Wanda Franklin and Lois Lutke attended the TOPS Workshop held in Farmville, Sept. 24.

Elections were held for two new officers; they are: co-leader, Sue Martin; and secretary, Lois Smith.

Members were reminded to bring a fruit for the "fruit bag" to be given away at the October 8 Awards Night meeting. The winning name will be drawn from names of participating members.

A new contest began Sept. 29. It will continue for five weeks. The winners will be announced October 27. Also, a Halloween Party will be held during the same meeting.

Barbara Mayberry planned and presented the details of the new contest. The theme will be "Tricks or Treat". Points will be given each week for weight loss or weight maintenance, stayed for meeting, brought calorie sheet, letters written to members, telephoned members, and brought trick or treat presents. Each member is asked to bring a "Treat" gift worth $1 and a "Trick" gift - which could be something worthless from around the house. Bring these gifts to the October 20 meeting. First Place Winner will receive one-half of all the "Treat" gift worth $1 and a "Trick" gift - which could be something worthless from around the house. Bring these gifts to the October 20 meeting. First Place Winner will receive one-half of all the "Treat" gifts. Second Place Winners will divide the remainder of the "Treat" gifts. Consolation Prizes of the "Trick" presents will be given to members who have the lowest scores.

Mrs. Shirley Walton, VPI Extension Agent, invited our TOPS Club to attend the Extension's Christmas Open House, Thurs., Nov. 10. Make your plans now to attend. We will plan to go as a group after weighing-in and roll call.

Gaye Stafford presented the program for the evening. She related her personal weight story to the members. We followed her "growth" through pictures and saw living proof that TOPS is the answer, because Gaye is almost at goal. She is an inspiration to us all and we are proud to have her as our leader.

The song verse that goes "People who need people are the most wonderful people in the world" can well apply to TOPS members. We need each other and we need to help one another. Come to our next meeting, Thurs., Oct. 8, at the Fidelity Branch Bank, weigh-in begins at 6:30 p.m.

Respectfully submitted,
Susan A. Martin, Secretary

## FIRST BAPTIST

Services will be held this Sunday at 11:00 a.m. Rev. H. O. Flood will be the guest speaker.

At 7:00 p.m. there will be a three way sermon. You are cordially invited to come and worship in both services.

Church meeting will be held October 10th at 7:00 p.m. All officers and members are asked to please be present. We hope all the sick and shut in are feeling better.

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TITLE IV-C GUIDANCE SECRETARY

Mrs. Roberta Womack has been employed as Title IV-C Guidance Secretary at Appomattox Middle School.

She will be working with Mrs. Bolling Carter and Mr. Victor Meadows in implementing a comprehensive guidance program at the school. Having past experience as a full time school secretary, secretary to Mrs. H. P. James under Title I Program in 1968 and again in 1969, secretary to Mr. Al Johnson for the Department of Agriculture in 1973, and recently employed by the VPI Extension Office , we feel she will be an asset to our school.

Roberta is the daughter of Mr. and Mrs. W. Bass Ferguson of Gladstone and is married to Charles Womack, Sr. They have to sons, Charles Womack, Jr. and Shawn Le-Bass Womack.

The school welcomes her to its continuing efforts to upgrade our educational system here in Appomattox County.

Victor Meadows, Guidance Counselor

## WOOD PURCHASES REPORTED BY VA'S FIBRE

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending September 25, 1977. Purchases are listed by counties.

| | |
|---|---|
| Albermarle | 2,646.92 |
| Amelia | |
| Amherst | 7,472.32 |
| Appomattox | 9,239.60 |
| Augusta | |
| Bedford County | 4,235.16 |
| Buckingham | 8,414.40 |
| Campbell | 9,580.03 |
| Charlotte | 718.96 |
| Cumberland | 5,537.87 |
| Fluvanna | 2,200.15 |
| Goochland | 628.06 |
| Nelson | 16,200.04 |
| Nottoway | 1,356.31 |
| New Kent | |
| Pittsylvania | 1,380.48 |
| Prince Edward | 9,816.93 |
| Prince William | 793.21 |

## Eating Well

By Barbara L. Morlang, R.D., Ph.D.
Va. Dept. of Health

Many times we take vitamin supplements without checking with a physician. This can be a dangerous practice even with a vitamin such as C, which is not stored in our bodies.

Although excess amounts of vitamin C are excreted by the body, large doses may have a laxative effect. Studies show that some individuals developed diarrhea when taking one gram or more of vitamin C. Studies also show that amounts of 4 to 12 grams taken daily can cause the formation of stones in individuals who have gout.

There is also some indication that the regular ingestion of large amounts of vitamin C over a long period of time may increase the person's susceptibility to scurvy (a disease caused by a lack of vitamin C) when he returns to his normal intake of the vitamin. An example is that of an individual who took one gram of vitamin C per day for one year, and then went back on a normal diet. Within two years he had developed scurvy. You may be wondering how much vitamin C you actually need. The Food and Nurtrition Board of the National Research Counell suggests that infants up to one year of age have 35 mg. and that children from 1 through 10 have 40 mg of vitamin C per day. The amount of vitamin C needed for a pregnant woman is 60 mg, and during lactation it is increased to 80 mg. The amount of vitamin C recommended for all other individuals is 45 mg. one-half cup of orange juice would save you with more than the recommended amount (approximately 60 mg).

Excessive doses of vitamin C are not detected in individuals who eat a variety of foods from the Basic Four Food Groups. The problem of excess is usually seen when individuals take vitamin supplements; therefore, it is important that people who wish to take vitamin supplements do so under the guidance of their physician.


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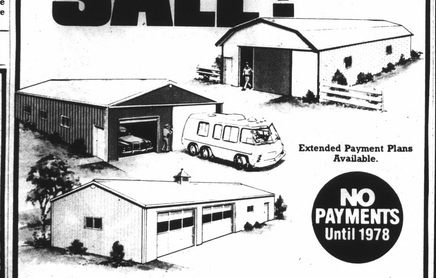

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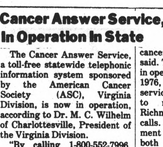
## ASCS Today

By Tom Conrad



ASCS Elections - The ASC Community Committee elections will be held this year in December. All eligible voters will be mailed ballots around November 25th and the ballots must be returned to the ASCS office by December 5.

A slate of at least six nominees will be developed for each of the three ASC communities in the county. A letter will be mailed to all known eligible voters by October 6, notifying them of the right to nominate by petition a person of their choice to be a candidate in the community committee election. A blank petition will be printed on the back of the letter. Each petition must be:

1. Limited to one nominee
2. Signed by at least three eligible voters in the community.
3. Include a certification that the nominee is willing to serve if elected.
4. Received at the ASCS office no later than October 31.

Persons nominated should be currently engaged in the operation of a farm and be well qualified for committee work.

**Twenty-Percent Set Aside Scheduled For Wheat** - Farm program options for 1978 will differ substantially from the old allotment programs, with the government's intention to implement a 20 percent set aside of 1978 crop wheat. At an August 29 White House briefing, Acting Secretary of Agriculture, John White, announced the set aside plans. White noted that although Congressional action on the Food and Agriculture Act of 1977 is not complete, set aside intentions were announced, because farmers are beginning to plant their 1978 crop wheat.

A major factor of the new program is the elimination of outdated historical commodity allotments. A normal crop acreage of specified crops will be established for each farm in lieu of individual commodity allotments. Normal crop acreages for individual farms will be based on 1977 plantings of crops with provisions for adjustment for abnormal factors. Although the base will likely include major feed and oilseed crops, specific crops remain undesignated but will be announced later.

Farmers will have flexibility within their bases to plant the crops they want but planting of designated uses plus diverted acres cannot exceed the normal crop acreage. Farmers participating in the new program will be eligible for loan, disaster, and deficiency payment programs administered by ASCS.

**Corn Disaster** - Farmers who have or will harvest their corn for grain and have a low yield due to the drought must file Disaster Program Applications at the ASCS office within 15 days after the harvest is complete.

## FIDELITY DECLARES CASH DIVIDEND

V.A. BEACH, Sept. 29 - The Board of Directors of Fidelity American Bankshares, Inc. has declared an extra cash dividend of four cents (4c) per share in addition to a regular quarterly dividend of 24 cents (24c) on its shares of common stock outstanding. The Board also declared a quarterly cash dividend of $1.50 per share on its Cumulative Convertible Voting Preferred Stock, Series A.

Both the extra and regular dividends are payable November 1, 1977 to shareholders of record as of October 5, 1977.

Fidelity American Bankshares president, Alvin R. Clements, said that "since 1974, a significant earnings turnaround has resulted from expense controls, operating efficiencies and an improvement in the banks' loans portfolios. The additional dividend is a result of a consistent earnings increase over the last six quarters and in anticipation of continued earnings improvement." Clements also said that "Fidelity American's 1977 earnings may be the highest in the company's history." In 1976 Fidelity American reported net operating income of $4,735,516 or $1.84 per share. Fidelity American Bankshares owns 15 affiliate banks statewide with total assets of $923 million as of June 30, 1977.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## Cancer Answer Service, Toll-Free, In Operation In State

The Cancer Answer Service, a toll-free statewide telephonic information system sponsored by the American Cancer Society (ASC), Virginia Division, is now in operation, according to Dr. M. C. Wilhelm of Charlottesville, President of the Virginia Division.

"By calling 1-800-552-7996, information about cancer treatment services and facilities, patient services, and information about the American Cancer Society and its programs is readily available to all Virginia residents," Dr. Wilhelm explained. This is a toll-free service which may be used by Virginia residents in every part of the state, except the Richmond area. Richmond area residents may request information by dialing the Society's regular telephone numbers 359-1306 or 359-0206.

Specially trained volunteers will be working each weekday from 9 a.m. to 5 p.m. to receive requests via the Cancer Answer Service. A special feature of the service will be a direct line tie-in with the Health Line at the Medical College of Virginia (MCV) in Richmond where a bank of tape recordings on various sites and types of cancer is available, Dr. Wilhelm said. The Health Line has been in operation at MCV since July, 1976, but until this time the service has not been available to residents outside the Richmond area except by toll calls. Under the new arrangement the complete services of both the Health Line at MCVand the Cancer Answer Service of the ACS will be available to all Virginia residents, Dr. Wilhelm explained.

The main purpose of the program, Dr. Wilhelm said, is to make information about cancer readily available to every citizen of the state. When a person calls, he may receive answers to questions about a specific kind of cancer, about a new drug, or about treatment services. In some instances the caller may be referred to a community resource in his own area which was previously unknown to him.

Dr. Wilhelm explained that this statewide telephonic service is another effort of the American Cancer Society to be accessible to cancer patients, families, physicians and other health professionals. "We want to save more people from cancer," Dr. Wilhelm said, "and to do that we must first get the individual involved in bridging the gap between wondering about a warning signal and seeking information and help."

## Eating Well

Did you know that is is possible to make between eight and ten thousand different choices in one supermarket? Many times you find it hard to make a good choice because there are so many foods to choose from. However, with such a wide variety it is possible for everyone to find foods that they enjoy, and that provide nutritional value to their diets.

When you're selecting foods that will meet your daily needs for vitamin C, keep in mind that you will get one and one-half times as much value from a peeled orange as you would when the orange is juiced. There is also twice as much thiamine in a peeled orange and the segment coverings and juice sacs of the whole orange contain other nutrients plus roughage.

Neither orange juice nor grapefruit juice should be left at room temperature for long periods of time because they will not only lose some of their flavor, but also some of the vitamin C content. When you put the juice in a container and cover it; or when you cover the cut fruit and refrigerate it, there is very little loss of either flavor or vitamin C.

Fresh citrus fruits are easy to store and a week's supply of oranges, lemons or grapefruit can be stored at home without refrigeration as long as the temperature in your home is not warm. The fruit will keep longer if refrigerated, and most people do prefer the taste of chilled fruit.

We cannot store vitamin C in our bodies; therefore, we need a certain amount every day. Just one orange or ½ cup of orange juice will meet our needs for one day.

If you are trying to watch your weight, you might want to use unsweented orange or grapefruit juice, and in that way you will cut down some on calories. However, you will still be getting about 45 calories in every one-half cup.


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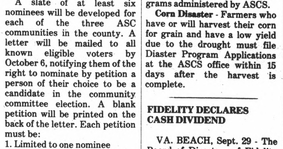

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